

# La Sante Nan Manje Granmoun: Nitrisyon E Dyabèt<sup>1</sup>

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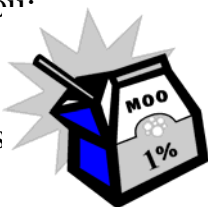
## Pou Kisa Nitrisyon Enpòtan?

Yon bon rejim avèk ekzèsis e medikaman, kapab ede kontrole dyabèt epi redwi risk pou konplikasyon dyabèt. Epi tou, l'ap ede moun ki gen pi fò risk pou yo gen dyabèt redwi chans pou pran maladisa-a. Men sa pou fè pou-w rete ansante:

### Chwazi manje ki pa genyen anpil grès

Limite kantite grès ou manje e chwazi manje ki pa genyen grès tankou...

- ◆ Pwa
- ◆ Fwi avèk legim
- ◆ Lèt ki pa genyen anpil grès fwomaj, avèk yogurt
- ◆ Vyann mèg, pwason, poul ou retire po-l



### Limite Sèl avèk Sodium

Redwi sèl avèk sodium nan manje tankou manje nan bwat yo.

Olye ou fè sa, pafwa sevi avèk lot epis ki bay manje-a gou.



### Adisyonnen *Fiber*

Pou kenbe pratik avèk redwi risk konplikasyon dyabèt chwazi plis:

- ◆ Fwi avèk legim
- ◆ Manje en grenn
- ◆ Pwa vèt, leti, Pwa Frans

Li enpotan pou-w ajoute *fiber* nan rejim epi ogmante dlo nan kò-ou!



### Kontwole Kabohidrat

Limite manje ki gen anpil sik tankou gato, bonbon, donèt, avèk soda. Pale avèk yon doktè rejim pou-w aprann manje ki gen kabohidrat ladan, epi kouman ou kapab mete-l lan plan manje-w.

### Pa bwè anpil alkòl

Si ou bwè alkòl pa pran plis ke youn (fi) ou de (gason) bwason pa semèn.

Yon bwason se

- ◆ 5 ons diven
- ◆ 12 ons byè
- ◆ 1 ½ ons likè



Li pa bon pou ou bwe alkòl san manje, tcheke avèk doktè e famasyen pou yo pa melanje avèk medikaman w-ap pran

### Kantite se epis nan viv-w

Manje kantite manje nan tout bann manje yo.

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